

# MAKING & USING MUSTARDS

CLAIRE HOPLEY



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by publishing practical information that encourages personal  
independence in harmony with the environment.*

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# **Making & Using Mustards**

by  
**Claire Hopley**





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## Introduction

Mustard seeds are so small that Shakespeare gave the name "Mustard-seed" to one of the tiny fairies in *A Midsummer Night's Dream*.

These little seeds scatter widely and grow easily. Archeologists have found mustard in prehistoric sites in Europe, Africa, and Asia. Ten thousand years ago, Stone Age people gathered mustard from the wild, and it was one of the first crops cultivated by Iron Age farmers. They probably did not have to cultivate it very strenuously. Each plant produces so many vigorous, fast-germinating seeds that ancient Hindus used mustard as a symbol of fecundity.

Indian cooks still value mustard. They use the seeds whole or crushed as a spice, and vast acreages of mustard plants grow in northern India to produce the mustard oil which is a favorite for deep-frying. In the classical world, both the Greeks and Romans loved mustard, using it to make powerful sauces and pickles. By the thirteenth century, the town of Dijon, France was already a center of mustard production. Similarly, in medieval England and northern Europe mustard gave flavor and zest to all sorts of foods. It was especially prized during the dark days of winter, when it enlivened a dreary diet of root crops and salt meat. Unlike most other spices and flavorings, it grew locally, so was inexpensive and available to those who could not afford most other spices, which were all imported from the East.

Until the sixteenth century, when the hot chili peppers of Central America arrived in Europe and Asia, nothing rivalled the mustard's firepower in the kitchen. But it was not valued only for its familiar pungent bite. Like most spices, it was credited with all sorts of medicinal merits. Pliny, who wrote in the first century A.D., gave forty remedies based on mustard. John Evelyn, the seventeenth-century English scientist who wrote a book about salads, summed up the health benefits of mustard as having "Incomparable effect to quicken and revive the Spirits; strengthening the Memory, expelling heaviness, preventing the Vertiginous Palsie, and is a laudable Cephalic. Besides it is an

approved Antiscorbutick, aids Concoction, and cuts and dissipates Phlegmatic Humours." In some nineteenth- and early twentieth-century American cookbooks, "home remedies" sections recommended mustard foot-baths or mustard plasters for rheumatism and colds. Indians used mustard-oil massages to relieve arthritis, and mustard-oil tonics to improve the sheen of their hair. Today's herbalists still recommend mustard for colds and inflammation, though they warn that it can irritate the skin of sensitive people.

While mustard no longer reigns in the medicine cabinet, it is valued in the kitchen as much as ever. The seeds inhibit the growth of some yeasts and molds. This was important before refrigeration and preservatives, and it is still significant in the pickling process. Commercially packaged pickling spice always contains a good supply of mustard seeds, and if you make your own mixtures for spicing vinegar, you should never omit them, though you can add or delete other spices to achieve the flavor you like.

The other little-noted culinary virtue of mustard is that it emulsifies other ingredients into smooth mixtures. It even does a good job at holding oil and vinegar together, so sauces that include oil, vinegar, and mustard don't separate. For this reason many salad dressings and egg- or cheese-based sauces often specify a little mustard, both to pique the flavor and to keep them smooth.

Because of these diverse qualities, mustard is growing in popularity. As Americans cut calories and cholesterol, mustard is taking over the role mayonnaise once held as an all-purpose condiment. Mustard works as a sandwich spread, a sauce base, a salad dressing ingredient, and a coating medium, as well as a spice.

You can buy mustard in several forms. The most basic form is the seed. There are three types of mustard seeds: black (*Brassica nigra*), brown (*Brassica juncea*), and white (*Brassica hirta*). The black and brown seeds are tiny and hard, while the so-called white seeds, actually a golden beige, are larger. Black seeds are hard to find. Confusingly, the brown seeds, which are deep reddish black, are often sold as black mustard seeds. You can buy them, and also the milder white mustard seeds, packed in small bottles in the spice section of supermarkets, or



more economically, in bulk in health food stores and oriental groceries.

Another way to buy mustard is to purchase the yellow powder, which is commercially prepared from the seeds. The English brand, Colman's, is widely available, and it now also comes in a coarse-ground form. You may also find powdered mustard in bulk in health and other specialty food shops.

The third way to buy your mustard is ready-made. Until a few years ago that meant buying the bright yellow ballpark mustard popular for slathering on hot dogs, or for gentler tastes, choosing a sweetish German-style mustard or a mild Dijon mustard from France. Today, mustard comes in many varieties. It may be spiked with wine or spirits, fired up with chilies or horseradish, or sophisticated with herbs or spices. It can be smooth or coarse. It may be European, but it's just as likely to be American, made by a small company specializing in interesting food.

To use mustard as a flexible multipurpose ingredient, it helps to understand the way it works. The fiery bite comes from the reaction of liquid with chemicals in the seed. The reaction is most intense about 10 minutes after the mustard is mixed, then declines quickly. From this it follows that the hot Chinese mustard served with egg rolls or the powerful paste mustard the British eat with their roast beef must be made fresh. For milder tastes, mustard can be made ahead of time. Salt and sugar both preserve the flavor. Acid and heat both weaken the fire-reaction, so mustard made with vinegar or wine, and mustard used in a cooked sauce, are milder. Add mustard near the beginning of the cooking time if you want flavor without pungency; towards the end if you want it strong and hot.

Perhaps surprisingly for something with such a powerful impact, mustard keeps good company with other flavors — with meat, with fish, with vegetables. This explains why we now have mustards concocted with such an array of different ingredients. The popularity of mustard in so many countries and over such long spans of time also owes much to its compatibility with all sorts of food. In most ways, the diets of the Stone Age and today have little in common. Both the Stone Age person who chewed a mustard seed along with a mouthful of meat and today's sophisticated diner who savors mustard with champagne or favorite herbs and spices share a pleasure in the seasoning power of the tiny mustard seed.

## Making Your Own Mustard

Until a few years ago, mustard occupied only a modest stretch of space on supermarket shelves, and the glowing, yellow ballpark mustard reigned supreme. Now, the mild Dijon-style mustard jostles for customers' dollars at the checkout, and, for fun and adventure, you can get all sorts of magical mustard concoctions. You can buy mustard spiked with wine, champagne, whiskey, or beer. You can choose mustards made extra-hot with chilies, peppercorns, or horseradish. You can get mustards with herbs and mustards with honey. Some mustards are velvety smooth; others are coated, even crunchy.

These mustards positively invite you to experiment. They also make lovely hostess gifts, especially because many of them come packed in attractive jars with pretty labels.

But they do have a couple of drawbacks. One is their premium price. The other is that such fancy items often wait for buyers for many weeks. Since mustard loses its flavor over time, jars held too long can be insipid.

Fortunately, homemade versions of today's imaginative mustards are easy, and they are as good or better than store-bought mustards. And since the basic ingredients — mustard seeds and powder — are inexpensive, they are cheap to make at home.

John Evelyn, author of *A Discourse of Sallits* published in 1699, told his readers that mustard seeds should be "bruin'd with a polished Cannon-Bullet, in a large wooden Bowl-Dish." Don't let a shortage of cannon-bullets prevent you from grinding your own mustard. An electric coffee or spice grinder does a fast and perfect job. You can also use a pestle and mortar.

The recipes below make small quantities, usually enough to fill a container about the size of a small baby-food jar. But you can multiply the quantities so you have enough to give to friends.

You can keep mustard 3-4 weeks in the fridge, though remember, it loses its potency the longer you keep it.



## BALLPARK MUSTARD

2 tablespoons powdered  
mustard  
1 tablespoon turmeric  
1/4 teaspoon salt

1 teaspoon sugar  
water or mixture of water and  
white vinegar to mix

Put the mustard, turmeric, salt, and sugar into a small bowl. Gradually add water or water and vinegar, stirring to make a smooth paste of the consistency you want. This is the mustard for hot dogs and other sausages. It can also be used in potato salads.

## HONEY MUSTARD

4 tablespoons mustard powder  
2 tablespoons water  
1 teaspoon vinegar

1 tablespoon vegetable oil  
2 tablespoons honey

Mix the mustard to a stiff paste with the water and vinegar. Stir in the oil until the mixture is smooth, then stir in the honey. Pour into a sterilized jar. This mustard is a good spread for sandwiches made with boiled ham or other cold cuts. Serve it also with baked ham, pork, and barbecued meats.

## SPICE MUSTARD

1 tablespoon curry powder  
1 teaspoon cinnamon  
1/4 teaspoon powdered cloves  
1 tablespoon vegetable oil

2 tablespoons mustard powder  
1 teaspoon sugar  
1/4 cup water

Put the curry powder, cinnamon, and cloves in a small frying pan over medium heat. Let them heat through for about 4 minutes, stirring to prevent them from burning. Stir in the oil. In a small bowl, combine the oil and spice mixture with the mustard and sugar. Add the water and stir to a smooth paste, adding a bit more water if necessary. Good with barbecues and with Indian or Middle Eastern food.

## HORSERADISH MUSTARD

$\frac{1}{2}$ cup powdered mustard	1 clove of peeled garlic
$\frac{1}{2}$ teaspoon white pepper	$\frac{1}{2}$ cup white wine or cider vinegar
$\frac{1}{2}$ cup water	
1 teaspoon salt	1-2 tablespoons grated or prepared horseradish
1 teaspoon brown sugar	

Combine the powdered mustard, pepper, and water in a bowl. Put the salt, sugar, garlic, and 1 tablespoon of horseradish in a blender, and blend them together, then strain into the mustard mixture. Transfer to a small pan, and simmer over low heat, stirring all the time, until it has slightly thickened. When the mustard has cooled, stir in half the additional horseradish to add texture. Add the remainder if you like. If the mixture is too thick, thin with additional water or vinegar.

This startlingly hot mustard is definitely only for those who like strong condiments. It's good with beef, ham, and hearty sausages.

## LEMON MUSTARD

$\frac{1}{2}$ cup yellow mustard seed	$\frac{1}{2}$ teaspoon salt
4 teaspoons mustard powder	pinch cayenne or red pepper (optional)
grated zest and juice of 1 medium lemon	$\frac{1}{2}$ cup water
1 tablespoon white sugar	

Grind the mustard seeds in a spice grinder or a blender until they look like coarse corn meal. In a small saucepan, mix them with the mustard powder, lemon zest and juice, sugar, salt, and cayenne (if using). Stir in the water and then place over medium heat and bring to simmering point. Cook for 5 minutes, stirring all the time. Let cool. To store, pack into a small sterilized jar and keep in the fridge.

This is a good mustard to serve with chicken, fish, and steak. Note that at first it tastes pungent but cools down and tastes very lemony after a day or so. For a hotter mustard, add more cayenne.

### QUICK GREEN PEPPERCORN MUSTARD

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Mustard is made of Poppy seeds and a little mustard seed. When this is put on the paper, the poppy seeds are ground up and people are packed in boxes and sent to the army. The sugar that is in the mustard is ground up as sugar and sent to the people who are in the army. The mustard is made of poppy seeds and a little mustard seed.

It is possible to misread most results as indicating a trend, but none of the results are statistically significant. The only result that is statistically significant is that the mean size of the group of subjects who did not reach speed

### TARRAGON MUSTARD

$$\begin{aligned} \gamma &= \frac{1}{2} \left( \frac{1}{\sqrt{1 - \beta^2}} - 1 \right) \approx \frac{1}{2} (1 + \beta^2 - 1) = \frac{1}{2} \beta^2 = \frac{1}{2} \left( \frac{v}{c} \right)^2 \\ &= \frac{1}{2} \left( \frac{10^8 \text{ m/s}}{3 \times 10^8 \text{ m/s}} \right)^2 = \frac{1}{2} \left( \frac{1}{3} \right)^2 = \frac{1}{2} \left( \frac{1}{9} \right) = \frac{1}{18} \approx 0.056 \end{aligned}$$

1/4 cup red wine vinegar

It is more correct to state that the word "order" is used in the sense of the noun, as in a small shop, an order window, and he answered "order" "ordered" - then the word was not the few days, able heat of - minutes, black and very small - to make sure it doesn't stick to the pan. Remove the cover - the cake did not rise, melted and not be outside baking. This - then not - order - with the - but not to burn.

brokers buy a park chip as a hedge. There is not much risk  
in selling a chip that is not covered by a hedge. But if  
the array of chips is not covered by a hedge, the risk is  
thyme, urethane, or base.



## MAPLE MUSTARD

2 tablespoons white cider  
vinegar

## Hors d'oeuvres & First Course Dishes

1. Dip the chicken livers in the flour, then in the egg, and finally in the milk. Fry in the oil until golden brown. Drain on paper towels. Serve with a mustard sauce.

2. For the sauce, mix the mustard with the vinegar and the oil. Season with salt and pepper. Serve the livers with the sauce.

3. For the chicken livers, cut them into small pieces. Fry in the oil until golden brown. Drain on paper towels. Serve with the mustard sauce.

4. For the chicken livers, cut them into small pieces. Fry in the oil until golden brown. Drain on paper towels. Serve with the mustard sauce.

5. For the chicken livers, cut them into small pieces. Fry in the oil until golden brown. Drain on paper towels. Serve with the mustard sauce.

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10. For the chicken livers, cut them into small pieces. Fry in the oil until golden brown. Drain on paper towels. Serve with the mustard sauce.

## DUTCH MUSTARD SOUP

1/2 cup dry mustard  
1/2 cup oil

1/2 cup water  
1/2 cup milk

1/2 cup oil  
1/2 cup water

1/2 cup milk  
1/2 cup cream

1/2 cup butter  
1/2 cup sugar

1. Melt the butter in a large pot. Add the oil and water. Stir well. Add the mustard and milk. Cook for 10 minutes. Add the cream and sugar. Cook for 10 minutes. Serve hot.

1. In a large pot, sauté the onions and carrots in oil until they are soft. Add the potatoes, celery, and mushrooms. Cook for 10 minutes. Add the chicken stock and bring to a boil. Reduce the heat and simmer for 30 minutes. Add the cream and mustard. Stir well. Season with salt and pepper.

Serves 4-6

## BUTTER MUSTARD SOUP

2 large baking potatoes, 1/2 cup butter  
 1/2 cup milk 1/2 cup mustard powder  
 1-2 medium onions, peeled 1/2 cup chicken stock  
 and chopped

1. Peel and chop the potatoes and onions. Sauté the onions in butter until they are soft. Add the potatoes and chicken stock. Bring to a boil. Reduce the heat and simmer for 20 minutes. Add the milk and mustard powder. Stir well. Season with salt and pepper.

into the soup. Taste for flavor. If the soup needs

Serves 4

## SMOKED SALMON ROLLS

[illegible]

کے پاس رہیں

#### SMOKED FISH AND MUSTARD PASTE

$$\begin{array}{ll}
 \text{a. } H_0: \mu = 100 & H_a: \mu \neq 100 \\
 \text{b. } H_0: \mu = 100 & H_a: \mu > 100 \\
 \text{c. } H_0: \mu = 100 & H_a: \mu < 100 \\
 \text{d. } H_0: \mu = 100 & H_a: \mu \neq 100
 \end{array}$$

4-5 teaspoons ready-made

11.  $\frac{1}{2} \ln \frac{1}{2} = -\frac{1}{2} \ln 2$

Reynolds was arrested for the 1968 murder of a woman in  
California and was sentenced to life imprisonment. He was  
released. While in prison he met a woman who was a nurse  
at the same hospital. He was the only man in the hospital  
who was not a doctor. He was the only man in the hospital  
who was not a doctor. He was the only man in the hospital  
who was not a doctor.

[illegible]

So, in the past, our newspapers or books carried  
every little or else we had to wait hours for news.

A large number of cases



## POTTED HAM

6-8 ounces boiled ham,  
ground or finely chopped  
3 ounces butter, at room  
temperature

1 teaspoon maple syrup or  
½ teaspoon brown sugar  
⅛ teaspoon powdered cloves  
1-2 teaspoons maple or honey  
mustard

Mix all the ingredients together with a fork, mashing them into a paste. Use this in canapes or on crackers for hors d'oeuvres, or serve scoops of it with toast points as a first course.

Potted ham is a good way to use up leftovers from a large ham. The recipe can be multiplied or reduced depending on what you have available. To store, cover with plastic film or a layer of melted butter and keep in the fridge for up to a week.

*Makes 10-12 ounces.*

## DILLY DEVILLED EGGS

12 hard-boiled eggs  
1 tablespoon soft butter  
1 teaspoon mustard powder,  
mixed to a paste with a  
little cold water

2 teaspoons chopped dill  
salt to taste  
tiny dill sprigs for garnish

To make sure that hard-boiled eggs don't develop an unsightly green ring around the yolk, transfer them from their boiling water into cold water. Cool them under running cold water, and if you don't need to use them right away, keep them in cold water until you are ready to work with them. To shell them, roll the egg around the bottom of the sink, pressing down slightly so that the shell cracks all over. Peel under running water. Slice the eggs in half lengthwise; extract the yolks and put them in a bowl.

Add the butter and mustard and mash to a smooth paste. Stir in the chopped dill. Taste for seasoning and add salt to taste. Cut a tiny sliver from the center of each egg-white half so that it will sit steadily on a serving dish. Pile a little of the egg yolk mixture into each cavity and arrange the halves on a platter.

Top each one with a little feathery sprig of dill, and surround with curly lettuce, radishes, and cherry tomatoes.

## Vegetable Dishes

The traditional vinaigrette dressing depends on the emulsifying power of mustard to hold the olive oil and vinegar together. Similarly, America's favorite coleslaw and potato salads need mustard to zing the taste. Still, mustard is rarely used as a condiment with vegetables. Yet it enhances their flavor wonderfully, adding a little fieriness to mild vegetables, such as potatoes and dried beans, and deepening the impact of members of its own family, such as turnips, cauliflowers, and cabbage.

It's worth experimenting with mustard and vegetables. As vegetarians point out, vegetables have an enormous range of flavor. Given today's range of mustards, the number of possible combinations is immense.

Some of the following recipes use mustard seeds rather than paste or sauce-type mustards. These recipes are inspired by Indian dishes, in which mustard seeds are common. Use the small purple brown seeds — sold as black mustard seeds — and lightly fry them first. Do this quickly, only until they turn grey, not until they are burned black, and use a spatter guard so you won't be hit by a sputtering seed. Indians often add a tablespoon or so of mustard seeds prepared in this way to garnish soup — yet another mustard idea worth adopting.

### ASPARAGUS IN MUSTARD-CHIVEBLOSSOM VINAIGRETTE

24 stalks asparagus	3-4 tablespoons light olive oil
1 teaspoon Dijon mustard	1 teaspoon snipped chives
1 tablespoon chiveblossom or white cider vinegar	4 chiveblossoms plus extra for garnish

Wash the asparagus and trim away the woody ends. Drop the asparagus into a shallow pan of boiling salted water and cook for 4 minutes. Drain and cool in chilled water. In a small jar mix the mustard, vinegar, oil, and snipped chives together. Replace the lid and shake to blend.

To serve, pour the dressing over the asparagus and turn them gently in it. Place in a shallow platter. Wash the blossoms then

scatter the petals on top of the asparagus. If you have extra flowers, arrange them around the dish. To make chiveblossom vinegar, pack a Mason jar with chiveblossoms and fill with white vinegar. Leave on a sunny windowsill for 2 weeks, then strain the vinegar into another jar.

*Serves 4-6.*

## BEAN AND ANCHOVY SALAD

two 15-ounce cans cannellini or other white beans	2 tablespoons lemon juice
½ cup chopped yellow or Bermuda onion	2 tablespoons Dijon or lemon mustard
2 tablespoons chopped fresh parsley	2 cans flat packed anchovies or 1 can flat packed anchovies and 1 can rolled anchovies
pinch dried sage	salt and black pepper to taste

Discard about half the liquid from the beans. Toss the beans and remaining liquid with the onions, half the parsley, sage, lemon juice, and mustard in a bowl. Drain 1 can of flat anchovies and cut each anchovy into 3 or 4 pieces. Toss these with the beans. Scatter on the remaining parsley, then place the remaining anchovies on top. Serve with bread as a hearty lunch dish, or in smaller amounts as part of an antipasto platter.

*Serves 4-6.*

## CARROT SALAD WITH MUSTARD SEEDS

2 tablespoons safflower oil	2 cups grated fresh carrots (about 4 carrots)
1-2 teaspoons grated fresh ginger	½ cup walnuts, or peanuts, or cashews, or raisins
2 teaspoons black mustard seeds	⅓ cup orange or pineapple juice

Heat the oil over medium heat in a frying pan. Stir in the grated ginger and the mustard seeds. Cover and cook for 15 seconds or until the seeds no longer pop. Add the carrots and the nuts or raisins. Stir to mix; add the orange juice, and cook for 1 minute. Tip into a serving bowl and chill. Toss before serving.

*Serves 4.*



## CAULIFLOWER IN MUSTARD SEEDS

1 tablespoon mustard oil or  
vegetable oil  
2 teaspoons black mustard  
seeds  
¼ teaspoon turmeric

1 tablespoon chopped onion  
1 small to medium cauliflower,  
broken into florets  
⅓ cup water  
salt to taste

Heat the oil in a large frying pan. Add the mustard seeds and cover for about 15 seconds until they have finished popping and look ashy grey. Add the turmeric and stir briefly, then add the onion, cauliflower, and water. Stir, turning the cauliflower florets over and over until they are colored. Cover tightly and simmer for 5 minutes, checking once or twice to make sure the water has not evaporated. Season with salt if desired, but the dish is already flavorful, so salt is not really necessary.

*Serves 4 as a side dish.*

## POTATOES BRAVAS

6 medium potatoes, peeled  
½ cup olive oil  
salt

4 teaspoons powdered mustard  
1 cup tomato sauce  
4–6 drops Tabasco

The potatoes into bite-sized chunks. Heat the olive oil in a shallow pan over medium-high heat. Drop in the potatoes and cook, occasionally turning them, for 10–15 minutes or until the potatoes are tender when tested with a skewer and lightly golden, though not browned. Remove the with a slotted spoon and drain on paper towels. Sprinkle with salt.

To make the sauce, mix the mustard to a paste with a little of the tomato sauce, then add the remaining sauce. Bring to simmering point, stirring to blend. Add the Tabasco. Pour over the potatoes.

This dish is one of Spain's best-loved *tapas*, the "little dishes" of snack food served with drinks. You can follow the Spanish custom, or serve these potatoes as a side dish. They are perfect with barbecued meats.

*Serves 6 as a main dish, 4 as a side dish.*

## CAULIFLOWER IN CHEESE AND MUSTARD SAUCE

1 large cauliflower	1 cup grated or sharp cheddar cheese
1 cup warm milk	pinch cayenne
1½ tablespoons butter	salt to taste
2 tablespoons flour	2-3 tablespoons breadcrumbs
1 tablespoon mustard powder	

Preheat oven to 350°F.

Trim any hard bits of stalk and dark or discolored leaves from the cauliflower. Cut it into 6 or 8 wedges, depending on its size. Drop these into a large pan of boiling water and simmer for 8 minutes. Drain, reserving 1 cup of the cooking liquid. Place the cauliflower in a greased casserole.

In a saucepan melt the butter. Turn off the heat, stir in the flour and mustard. Return the pan to a low heat and continue stirring, gradually adding the warm milk. When it is blended, add the reserved cooking liquid and increase the heat. Continue stirring until the mixture boils and the sauce thickens. Stir in the grated cheese and the cayenne. Cook gently, stirring as necessary to prevent the mixture from sticking, for 5 minutes. Taste and add salt if necessary.

Pour the sauce over the cauliflower. Sprinkle with breadcrumbs and bake for 20 minutes. This can be served as a vegetarian main dish. It is also good with roast meat.

*Serves 4 as a main dish, 6-8 as a side dish.*

## COLESLAW

1 tablespoon dry mustard	½ cup shredded carrots
1 teaspoon sugar	½ cup shredded red or green pepper
¼ cup white vinegar	salt to taste
½ cup mayonnaise	
3 cups shredded white cabbage	

Put the mustard and sugar in a large bowl. Stir to a paste with the vinegar. Stir in the mayonnaise. Toss the cabbage, carrots, and pepper together. Add to the mayonnaise mixture and toss again. Chill and serve with fish or cold cuts.

*Serves 4-6.*

## EGG SALAD

3 hard-boiled eggs  
salt and pepper to taste  
1-2 radishes, washed and  
sliced

1 tablespoon tarragon mustard  
1 tablespoon mayonnaise  
tomatoes or endive for stuffing

Shell and chop the eggs. Put them in a small bowl and season with salt and pepper to taste. Add the radish slices and then the mustard and mayonnaise, and mash. Use to stuff tomato halves or endive leaves for an hors d'oeuvres tray. Also good in sandwiches.

*Serves 4.*

## POTATO SALAD

6-8 large baking potatoes  
pepper and salt to taste  
1 medium onion, chopped  
12 radishes, washed and  
quartered

2 teaspoons powdered mustard  
or 1 tablespoon of ballpark  
mustard  
1 cup mayonnaise  
4 hard-boiled eggs  
3 radishes, washed and sliced

Put the potatoes, unpeeled, in a large pan; cover with water and boil until fork tender. Drain. Peel the potatoes. (Keep an oven mitt on your hand to do this.) Cut each into 5 or 6 pieces and put them in a salad bowl, seasoning them with salt and pepper as you go. Scatter the chopped onion and quartered radishes among the potatoes. Mix the mustard to a paste with a little of the mayonnaise, then stir in the remaining mayonnaise. (If using ready-made ballpark mustard, blend it with the mayonnaise.) Pour the mayonnaise mixture over the potatoes and toss gently. Taste for seasoning and add more if necessary.

Cover the salad with a cloth and cool in the fridge. Shell the eggs and cut into slices or quarters. Arrange the egg and the radish slices on top of the salad and serve.

*Serves 6-8.*

## SEEDY POTATOES

*Kalonji seeds are black and look like onion seeds, so they are sometimes called onion seeds. Get them in Indian or health food stores.*

8 red or yellow Finn potatoes,  
cleaned and boiled in salted  
water  
1 tablespoon vegetable oil

1½ teaspoons black mustard  
seeds  
1½ teaspoons kalonji seeds  
1½ teaspoons sesame seeds  
salt to taste

As soon as the potatoes are cooked and drained, heat the oil in a shallow-lidded pan. Working quickly, put in the mustard seeds and cover the pan. After about 15 seconds, the seeds should stop popping. They will look grey, not black. Add the potatoes and stir. Add the kalonji and sesame seeds and stir for another minute or until the potatoes are coated. Add salt to taste. Serve with meat or fish. Especially good with barbecued foods.

*Serves 4-6.*

## TURNIPS IN A MUSTARD COAT

1½ pounds purple-top turnips  
or rutabaga  
½ cup green peppercorn or  
spice or other mustard

1 cup whole wheat bread-  
crumbs, freshly ground  
¼ cup olive oil

Peel the turnips or rutabaga, cut them in big chunks, and cook in boiling salted water until they are fork tender, but not falling apart (about 10 minutes for purple-top turnips; 20 minutes for rutabaga). Drain. Have the breadcrumbs spread on a plate. Brush the turnip or rutabaga pieces with the mustard, then place each piece in the crumbs. Scatter crumbs on top. Move each piece to one side of the platter as it is crumbed. Heat the oil over medium high heat. Sauté the crumbed vegetables for 2-3 minutes each side, turning gently so as not to disturb the coating. Serve with meat or with bean dishes.

*Serves 4.*



# Main Dishes

Since cooks have used mustard for hundreds of years, it's not surprising that some mustard dishes have become classics. The French have long served rabbit with mustard sauce. Germans love it on their sausages. Devilled chicken appeals to the English taste for dramatic condiments. The English also like mustard with oily fish, such as mackerel. On this side of the Atlantic, it goes just as well with bluefish, the mackerel's bigger and fiercer cousin.

While these classic mustard dishes still delight modern diners, cooks now use mustard in inventive new ways. Spreading a mild mustard on a rack of lamb before crumbing and roasting avoids slathering on high-calorie oil for the job. Similarly, mustard can glue coatings onto fish, adding flavor while reducing the calories and fat found in the more typical mayonnaise.

## DEVILLED CHICKEN

2 tablespoons mustard (made by mixing powdered mustard with a little water plus 1 tablespoon Dijon mustard, or 3 tablespoons green peppercorn mustard)	4 baked or barbecued chicken legs, each halved, or 2 whole boneless chicken breasts cooked and halved or quartered
1 tablespoon Worcestershire sauce	½ cup dried breadcrumbs
	1 cup fresh breadcrumbs
	1 tablespoon oil
	4 slices bacon

Preheat the oven to 375°F.

Mix the mustard and Worcestershire sauce. Combine the 2 types of breadcrumbs. Coat the chicken pieces with the mustard mixture and then with the crumb mixture. Allow to stand for ½ hour before cooking, then place in a shallow baking pan and drizzle with the oil. Cut the bacon slices in 2 pieces and roll each half. Stick the rolls with a toothpick and arrange them among the chicken pieces. Cover with foil and bake for 15 minutes. Remove the foil and bake for another 5 minutes to brown the chicken and crisp the bacon.

*Serves 4.*

## ROASTED LEMON-MUSTARD CHICKEN

One 5-6-pound roasting  
chicken

2 cups dry breadcrumbs  
grated zest and juice of 1  
lemon

2 tablespoons chopped fresh  
parsley

2 tablespoons butter

1 cup boiling water

1 tablespoon lemon mustard

*For the sauce:*

4 teaspoons lemon mustard

$\frac{3}{4}$  cup white wine

4 teaspoons flour

$\frac{1}{2}$  cup water

$\frac{1}{4}$  cup juices from the chicken

salt to taste

Preheat the oven to 400°F.

Remove the giblets from the bird. Rinse the cavity and rub lightly with salt. Set aside.

To make the stuffing, place the breadcrumbs in a bowl with the lemon zest and juice, and the parsley. Put the butter in another bowl and pour the boiling water on it. Stir until the butter has melted, then mix in the mustard. Combine the 2 mixtures and pack into the cavity of the bird. (If the stuffing is too dry, add a little more water.)

Put the chicken into a Dutch oven; cover, and cook for 30 minutes. Baste with the juices; reduce the temperature to 350°F; cover and cook for another 30 minutes. Baste again and cook uncovered at 375°F for another 20 minutes, or until the skin is golden and a thin skewer inserted into the thickest part of the thigh produces a clear (not pink) juice. Do not rely on pop-up timers; they don't emerge until the bird is overcooked and dry.

While the chicken is in the final stages of roasting, make the sauce. Put 3 teaspoons of mustard in a small saucepan with the wine. In a bowl, mix the flour with the water, starting with half the water and gradually adding more until you have a thin paste. Add this mixture to the ingredients in the pan and bring to a boil, stirring all the time. When the mixture has thickened, add the  $\frac{1}{4}$  cup of juices from the roasting chicken and simmer for 6-7 minutes, stirring as necessary to prevent sticking. Taste for seasoning and add salt and the remaining spoonful of mustard. Serve in a sauce boat with the sliced roasted chicken.

*Serves 6-8.*

## BEEF ROLLS WITH PEPPERCORNS AND MUSTARD

- |                                      |   |
|--------------------------------------|---|
| 1 cup finely chopped mushrooms       | 2 teaspoons horseradish or green peppercorn mustard   |
| 1 small onion, finely chopped        | 8 sandwich steaks   |
| 2 teaspoons green peppercorns        | 1 tablespoon Dijon or an additional tablespoon of the horseradish or green peppercorn mustard |
| 2 tablespoons chopped fresh parsley  |   |
| 1¼ cups red wine                     |   |
| 2 slices wheat bread, crusts removed |   |

Preheat the oven to 375°F.

If the peppercorns are dry, soak them in water for ½ hour; if packed in liquid, use them straight from the bottle. Put the mushrooms, onion, 1 teaspoon of peppercorns, and the parsley into a small saucepan with ¾ cup of the wine. Cover and simmer for 5 minutes or until the mushrooms and onions are tender. Crumble the bread and add to the mixture. Beat each sandwich steak with a rolling pin or mallet. Spread a little of the hot mustard onto the steak, then spoon on a portion of the mixture and roll up the steak into a sausage shape. Place each one, seam side down, in a greased baking dish.

Pour the remaining ½ cup of wine over them, cover with a lid or aluminum foil, and bake for 8 minutes. Pour the accumulated liquid into a small saucepan and keep the beef rolls hot. Stir the remaining peppercorns into the liquid in the pan and boil for 3 minutes. Remove from the heat and add the Dijon or other mustard. Spoon the sauce over the beef rolls. Serve with vegetables.

*Serves 4–8, depending on the size of the sandwich steaks.*

## BLUEFISH IN MUSTARD DILL SAUCE

- |                             |                                |
|-----------------------------|--------------------------------|
| 1½–2 pounds bluefish        | ½ cup hot milk                 |
| 1 tablespoon olive oil      | 2 teaspoons chopped fresh dill |
| 2 tablespoons lemon mustard | few drops fresh lemon juice    |
| 1 tablespoon melted butter  |                                |

Preheat the broiler. Place the bluefish in a greased shallow pan and sprinkle the surface with olive oil. Place 2–3 inches from the broiler and cook for 5 minutes for ½-inch-thick fish,

up to 10 minutes for inch-thick fish. While it is cooking, put the mustard into a warmed sauceboat. Just as the fish is ready, stir in the butter, milk, and dill. Taste and add a few drops of lemon juice to sharpen the sauce to your taste. Serve with the fish. (This sauce also goes well with salmon, mackerel, and shrimp.)

*Serves 4.*

## CREAMED LOBSTERS

1 tablespoon butter  
1 shallot, chopped, or 2 tea-  
spoons finely chopped  
onion  
4 tablespoons dry white ver-  
mouth  
2 teaspoons flour  
1 cup cream  
salt, pepper, and nutmeg to  
taste

1 tablespoon Dijon mustard  
1 tablespoon grated Parmesan  
cheese  
2 small to medium boiled  
lobsters  
 $\frac{3}{4}$  cup fresh breadcrumbs  
1 tablespoon cold butter, cut  
into tiny bits

Preheat the oven to 300°F.

Heat the butter in a saucepan and add the shallot (or a little onion). Pour in the vermouth (or dry white wine) and let it bubble for a minute. Lower the heat and stir in the flour. When it has thickened, slowly add the cream, stirring all the time. Season to taste with salt, pepper, and nutmeg. Cook over a very low heat, stirring often for 10 minutes. Stir in the mustard and Parmesan.

Remove the flesh from the lobsters and cut the meat into bite-sized pieces. Pour some of the sauce into each shell. Arrange the lobster on top. Cover with a little more sauce, a sprinkling of breadcrumbs, and some of the bits of cold butter. Cover and heat for 15 minutes in the oven. Turn on the broiler; remove the cover and cook under the broiler until the surface is bubbling.

*Serves 2-4.*



## FLOUNDER ROLLS

4 flounder fillets  
¼ cup lemon, tarragon, or  
horseradish mustard

1 cup crumbs, made from Ritz  
or other crackers

Preheat the oven to 350°F.

Place the fillets on a work surface, with the skinned side up and the head end (i.e., the wider end) towards you. Brush this surface with the mustard.

Starting with the head end and working towards the tail, roll the fillets up as you would a jelly roll. Brush mustard on all the exposed surfaces of the rolled fillets, then place them in the cracker crumbs. Sprinkle crumbs on top so that all surfaces are coated. Place in a greased shallow baking dish and bake for 15 minutes.

*Serves 4.*

## PORK CHOPS WITH APPLE-MUSTARD SAUCE

4-6 pork chops  
1 tablespoon olive oil  
½ teaspoon salt  
2 medium apples, peeled and  
diced small  
pinch powdered cloves  
½ cup apple juice

one 8-ounce jar Dijon mustard  
or the equivalent amount of  
homemade lemon or maple  
mustard  
2 teaspoons maple syrup or  
dark corn syrup

Preheat the oven to 350°F.

Remove any excess fat from the chops, leaving just enough to moisten the meat. Rub a little salt into the remaining fat. Brush the chops all over with the olive oil. In a pan that will go on top of the stove and in the oven, quickly brown the chops over high heat. Remove the pan; cover with a lid or foil, transfer to the oven, and bake for 20-25 minutes, or until the chops are cooked through.

While they are baking, make the sauce. Simmer the apples and cloves in the apple juice in a small covered saucepan until they are crisp tender, not soft (about 4 minutes). Stir the apples and the juice into the mustard along with the syrup. Serve hot with the chops. This sauce can also be used with ham or spareribs.

*Serves 4-6.*

## DAISY ROLL HAM WITH PINEAPPLE MUSTARD SAUCE

1 daisy roll ham, 2–3 pounds	1 tablespoon brown sugar
1 small can crushed pineapple in juice	1 teaspoon mustard powder
	½ cup maple or spice mustard

Preheat the oven to 375°F.

Remove the wrappings from the ham. Drain the pineapple, keeping the juice and the fruit separate. Put the brown sugar and mustard powder in a small bowl and add 1 teaspoon or so of the pineapple juice to mix to a medium-thick paste. Brush this all over the ham.

Place the ham in a shallow baking dish. Pour 2 tablespoons juice in the bottom of the dish. Cover with foil or a lid and bake for 30–40 minutes. Slice the ham onto a platter.

To make the sauce, mix ½ cup of drained crushed pineapple with the maple or spice mustard. Add 1 tablespoon of the juice. If you want a thinner sauce, add extra juice or a little vinegar.

*Serves 6.*

## RACK OF LAMB WITH MUSTARD HERB COATING

1 rack of lamb, bone ends trimmed and exposed	2 cloves garlic, chopped
¼ cup Dijon or green pepper-corn mustard	½ teaspoon rosemary or herbes de Provence
1½ cups fresh breadcrumbs	1–2 tablespoons olive oil

Preheat the oven to 425°F.

Grease a shallow baking pan. Score the fat of the lamb and brush with the mustard. Mix the crumbs, garlic, and rosemary or herbs together and press onto the mustard. Let the rack sit for 15 minutes, then transfer to the pan, taking care not to disturb the crumb coating.

Sprinkle the olive oil on top and cover the pan loosely with foil. Bake for 25 minutes, then remove foil and bake for another 5–10 minutes to crisp the coating.

*Serves 3–4.*

## TWO TORTELLINIS WITH TWO MUSTARD SAUCES

½ pound meat-filled tortellini  
½ pound cheese-filled spinach  
tortellini

### *For Cream Sauce:*

1 egg yolk  
½ cup low-fat milk  
2 tablespoons Dijon or tarragon mustard  
1 tablespoon chopped fresh tarragon

### *For Hot Mustard Sauce:*

3 tablespoons horseradish or green peppercorn mustard  
½ cup white wine

### *Garnishes:*

2 medium radishes, washed and coarsely chopped  
1 additional tablespoon or a couple of sprigs of tarragon

Cook the 2 types of tortellini separately, using 2 quarts of boiling salted water with a few drops of oil for each type. Drop the tortellini into the rapidly boiling water and cook for 8 minutes or until tender. (Or cook according to package directions.)

While they are cooking, make the sauces. For the cream sauce, beat the egg yolk and milk in a bowl. Mix in the mustard and the tarragon. For the hot mustard sauce, stir the mustard and white wine together. Drain the tortellini and return each to a saucepan. Pour the Dijon cream sauce on the cheese-filled spinach tortellini and stir over a low heat until the sauce has thickened slightly and coats the tortellini. Serve on heated plates, allowing the tortellini to cover only half the plate.

Pour the horseradish mustard sauce over the meat-filled tortellini and stir until they are coated and the sauce is heated through. Serve these tortellini on the other half of the plate. Sprinkle the radishes on the meat tortellini and the chopped tarragon or the sprigs on the cheese-filled tortellini.

*Serves 4.*

## SAUSAGE AND CARROTS IN MUSTARD SAUCE

1 pound carrots	½ cup green peppercorn or spice mustard
1 pound kielbasa or Italian sausage	2 tablespoons chopped fresh parsley
1 tablespoon oil	salt to taste
1 large onion, chopped	

Scrape the carrots, cut into 1-inch pieces, and boil for 15 minutes. While they are cooking, prepare the sausage by cutting it into 1-inch sections. If using kielbasa, simmer it in water. If using Italian sausage, sauté it in a frying pan. Put the oil in a frying pan and heat it over medium heat. Gently cook the chopped onions in oil. Drain the carrots, reserving some of the liquid, and add them to the onions along with the sausage.

Toss everything together, then remove to a heated serving dish. Add the mustard to the empty pan, stirring to scrape up bits and heating over medium heat. Add ¼ cup of the liquid from the carrots. Stir and taste for seasoning; add a little salt if necessary, but remember that sausage is already salted, so you won't need much.

When the mixture boils, add half the parsley and a little extra carrot liquid if you want a thinner sauce. Pour immediately over the sausage and carrots. Scatter the remaining parsley on top and serve.

*Serves 4–6.*



## Pickles & Condiments

When you want to light a fire in your mouth, only chilies beat mustard. Not surprisingly, mustard is one of the oldest and most basic ingredients in pickles, relishes, and chutneys. Even when we don't spot its presence by its telltale yellow color, mustard adds flavor to every pickle because its seeds are a basic component of pickling spice. They deter some unwanted organisms, so they are also a natural preservative.

A recipe for spiced vinegar for pickles follows. You can use this in any pickle or chutney recipe. In the other recipes below, mustard moves out of its supporting role in the pickling vinegar and into center stage as a major relish and key ingredient.

### BEER AND MUSTARD BARBECUE SAUCE

*Because it has little sugar, this sauce doesn't burn. You can add an extra tablespoon if you want a sweeter sauce to use with pork.*

2 tablespoons mustard powder	1 cup tomato puree or sauce
1 tablespoon brown sugar	4-5 drops of Tabasco
1 cup beer	

Put the mustard powder and brown sugar into a large bowl. Pour on the beer and stir to mix. Stir in the tomato puree or sauce and add the Tabasco. Use as a marinade and brush-on sauce for barbecued chicken and pork.

This amount is plenty for 6 chicken legs or pork chops, or 8-10 country-style spareribs.

*Makes 1 cup.*

## WOW-WOW SAUCE

2 tablespoons butter  
1 tablespoon flour  
1¼ cups beef or chicken stock  
1 tablespoon vinegar  
1 tablespoon Worcestershire  
sauce

1 tablespoon powdered  
mustard, mixed to a paste  
with a little water  
salt and pepper  
2 tablespoons chopped parsley  
2 pickled cucumbers, chopped  
finely

Melt the butter in a small pan. Stir in the flour and cook briefly. Gradually add the stock, stirring all the time to make a smooth sauce. Add the vinegar, Worcestershire sauce, and mustard. Cover and cook gently for 10 minutes. Add salt and pepper to taste, more mustard if you like it, parsley, and the chopped cucumbers.

As its name indicates, this sharp hot sauce has quite an impact. Those with robust tastes will enjoy it with sausages and with rich and oily food.

*Makes about 1½ cups.*

## QUICK RHUBARB AND MUSTARD CHUTNEY

4 sticks rhubarb  
1 tablespoon water  
1 teaspoon powdered ginger  
1 small onion, chopped  
2 tablespoons brown sugar

½ cup raisins  
1 tablespoon powdered  
mustard, mixed to a paste  
with 1 teaspoon of water

Trim the rhubarb and cut it into 1-inch pieces. Put these in a covered saucepan with the water and cook gently until tender. Remove the lid and add the ginger, onions, and raisins. Cook for 10 minutes until the onions are soft. Add the sugar and cook briskly, stirring often, until almost all the free liquid has evaporated and the chutney is thick. Remove from the heat. Stir in the mustard paste.

Serve with meats or cheese. This chutney is not the sort you can pack away in jars and store for months, but it does keep well in the fridge for 2 weeks.

*Makes 1 cup.*

## SPICED VINEGAR FOR PICKLES

3 cups white wine or cider vinegar	6-8 allspice berries
1 teaspoon white mustard seed	¼ teaspoon peppercorns
½ teaspoon black mustard seed	2 small bay leaves
½ teaspoon coriander seed	½-inch piece whole mace, if available
4 whole cloves	2 whole dried chilies (each 1-2 inches long)

Put all the ingredients into a saucepan. Cover and simmer for 30 minutes. Strain the vinegar and use as called for in pickle, chutney, and relish recipes.

If using the vinegar for pickled onions or cucumbers, reserve the dried chilies and bay leaves and stick them down the sides of the finished pickles to make an attractive visual accent.

*Makes 3 cups.*

## PICCALILLI

*This pickle is good with hot dogs — though it tastes stronger and more vegetable-like than commercial hot dog relishes. It is also good with cold cuts and meats, especially for those who prefer sour pickles.*

1 medium to large cauliflower	3 cups spiced vinegar for pickles (see above)
1 cucumber, peeled and diced	2 dried chilies
1 zucchini, washed and diced	5 teaspoons mustard powder
2-3 sticks celery, washed and chopped	1 teaspoon turmeric
18-20 green beans, washed and cut into ½-inch pieces	3 teaspoons ground ginger
4 medium onions, chopped	2 teaspoons cornstarch
½-¾ cup sea salt or kosher salt	1 cup water
	¾ cup white sugar

Wash the cauliflower and chop into small pieces (about ½ inch in length and width). Put it into a non-metal dish along with the prepared cucumber, zucchini, celery, and beans. Scatter the salt on top, using enough to make a plentiful covering. Leave covered overnight.

The next day, drain off the liquid from the vegetables, then rinse them thoroughly in plenty of cold running water. Put the



vinegar and either the pickling spice or the combination of mustard seeds and other spices into a saucepan. Add the chilies, cover, and simmer for 10 minutes. Strain out the spices then return the vinegar to the pan along with the rinsed vegetables.

In a small bowl, mix the mustard, turmeric, ginger, and cornstarch to a smooth paste with half the water. Stir in the remaining water, then stir this mixture into the vegetables and vinegar. Add the sugar and bring to a boil, stirring frequently.

When the liquid thickens, test the vegetables for crispness. If you would like them softer, continue cooking for another 2-4 minutes. Pour into sterilized jars, leaving 1 inch headroom so that the vinegary liquid doesn't touch the lid.

*Makes 2-3 quarts depending on the amount of vegetables.*

1-100	Green Beans with Hot Pickle Sauce	1-118	Green Beans with Mustard Sauce
1-101	Green Beans with Tomato Sauce	1-119	Green Beans with Mustard Sauce
1-102	Green Beans with Tomato Sauce	1-120	Green Beans with Mustard Sauce
1-103	Green Beans with Tomato Sauce	1-121	Green Beans with Mustard Sauce
1-104	Green Beans with Tomato Sauce	1-122	Green Beans with Mustard Sauce
1-105	Green Beans with Tomato Sauce	1-123	Green Beans with Mustard Sauce
1-106	Green Beans with Tomato Sauce	1-124	Green Beans with Mustard Sauce
1-107	Green Beans with Tomato Sauce	1-125	Green Beans with Mustard Sauce
1-108	Green Beans with Tomato Sauce	1-126	Green Beans with Mustard Sauce
1-109	Green Beans with Tomato Sauce	1-127	Green Beans with Mustard Sauce
1-110	Green Beans with Tomato Sauce	1-128	Green Beans with Mustard Sauce

## Other Items Available in This Section

1-111	Green Beans with Tomato Sauce	1-129	Green Beans with Mustard Sauce
1-112	Green Beans with Tomato Sauce	1-130	Green Beans with Mustard Sauce
1-113	Green Beans with Tomato Sauce	1-131	Green Beans with Mustard Sauce
1-114	Green Beans with Tomato Sauce	1-132	Green Beans with Mustard Sauce
1-115	Green Beans with Tomato Sauce	1-133	Green Beans with Mustard Sauce
1-116	Green Beans with Tomato Sauce	1-134	Green Beans with Mustard Sauce
1-117	Green Beans with Tomato Sauce	1-135	Green Beans with Mustard Sauce
1-118	Green Beans with Tomato Sauce	1-136	Green Beans with Mustard Sauce
1-119	Green Beans with Tomato Sauce	1-137	Green Beans with Mustard Sauce
1-120	Green Beans with Tomato Sauce	1-138	Green Beans with Mustard Sauce



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